

CORONA VIRUS COVID-19

Wanai ruzivo.

Tsvaka ruzivo, ngwarira,
zvidzivirire.


Chii chinonzi COVID-19 uye chinopararira sei?

COVID-19 chirwere chitsva chinokonzerwa neutachiwana hwe-CORONA VIRUS uye chinopararira munguva pfupi pfupi. Chirwere ichi chinobata munhu wese zvake asi chinonyanya kubata vakwegura neavo vane asthma, sugar nezvimwewo zvirwere. Vechidiki vane hutano vanokwanisa kutapurira chirwere ichi kune vasina hutano hwakakwana. Munhu wese anokurudzirwa kubatsira kuti chirwere che-COVID-19 chisapararire munzvimbo.

Munokwanisa kuzvidzivirira nekuita izvi:

1  Gezai mawoko muchishandisa sipo nemvura yakachena.


2  Musabata kumeso nemaoko, zvikuru sei maziso, mhino kana muromo.

3  Kana muchikosora kana kuhotsira vharai muromo nemhino negokora kana matishu moarasira muchimbuzi.

4  Regai kumhoresana zvekubatana maoko.

5  Zivisai vezveutano kana usiri kunzwa zvakanaka.

6 Garai penyu mega kwemavhiki maviri kana muchifunga kuti munogona kunge masangana nemunhu ane utachiwana uhwu kana kuti mabva kunzvimbo inechirwere ichi.

7  Musashanyira nzvimbo dzine vanhu vakawanda. Usakwire makombi kana mabhazi akazarisa. Kana uri paruzhinji, mira kure nevamwe usiye mita imwe chete (1 metre) pakati pako nevamwe nguva dzose.